

1. Apparatus for affixing a tendon or ligament to a bone, the apparatus comprising:
 - an elongate tensile member adapted to extend within the interior of said tendon or ligament;
- 5 a helical anchor receiving said elongate tensile member and configured to be placed within the tendon or ligament; and a bone anchor coupled with said elongate tensile member for allowing attachment of said tendon or ligament to said bone.

2. The apparatus of claim 1 further comprising:
 - a retaining member adapted to be retained at a selected position along said elongate tensile member to hold said bone anchor, said elongate tensile member and said helical anchor together with said tendon or ligament against said bone.
3. The apparatus of claim 2, wherein said retaining member and said bone anchor include cooperating locking portions for connecting said retaining member and said bone anchor together with said helical anchor held generally there between.
4. The apparatus of claim 2, wherein said retaining member is sized and configured to be received at least partially within said helical anchor.
5. The apparatus of claim 4 further comprising a slidable locking member coupled with said elongate tensile member and adapted to hold said retaining member at a desired location along said elongate tensile member.
6. The apparatus of claim 5, wherein said slidable locking member is separable from said retaining member.

7. The apparatus of claim 5, wherein said slidable locking member is formed integrally with said retaining member.

8. The apparatus of claim 5, wherein said slidable locking member is a crimp member.

9. The apparatus of claim 1, wherein said helical anchor is compressible.

10. A method of repairing a tendon or ligament having fibers extending in a lengthwise direction, comprising:
- inserting an elongate tensile member within the tendon or ligament;
- 5 inserting a soft tissue anchor within a tendon or ligament;
- attaching a bone anchor to a bone;
- coupling the elongate tensile member to the soft tissue anchor;
- coupling the elongate tensile member to the bone anchor; and
- applying tension to the elongate tensile member to
- 10 approximate the tendon or ligament and the bone.

11. The method of claim 10, further comprising:
 securing a stop member to the elongate tensile member and
against the soft tissue anchor.

12. The method of claim 10, further comprising:
 securing a stop member to the elongate tensile member and
against the bone anchor.

13. The method of claim 10, wherein the step of inserting the soft
tissue anchor comprises:
 gripping fibers of the tendon or ligament between a helical
anchor and a retaining member.

14. The method of claim 10, wherein the tissue anchor includes a
hollow anchor and an expandable retaining member insertable within the
hollow anchor, the method further comprising:
 expanding the retaining member to compress the fibers
5 between the retaining member and the hollow anchor.